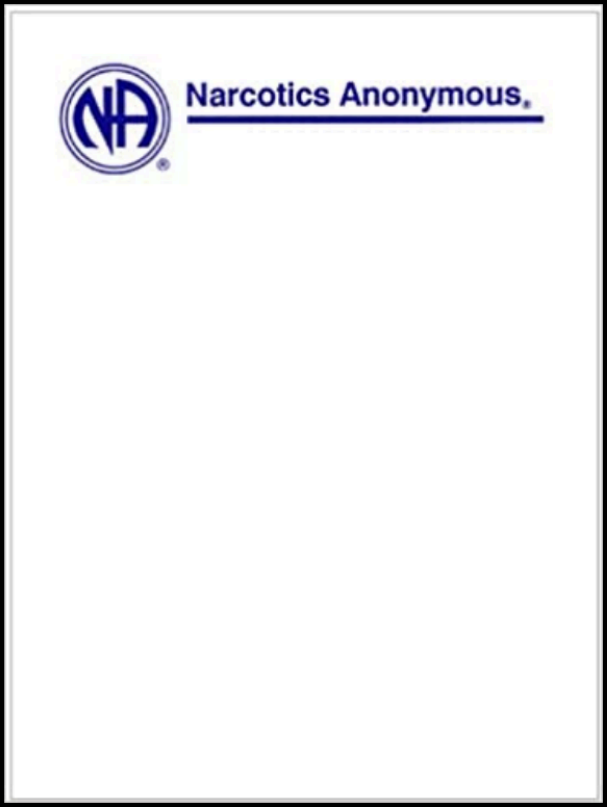
Twelve Step Medallions

➡ **MISSION**: We're here to bring you a group presentation of what NA has to offer. We carry a message of recovery from the disease of addiction through the Twelve Steps and Twelve Traditions of Narcotics Anonymous.

➡ **VISION**: We do not acknowledge clean time except that we are clean Just for Today. We strongly encourage everyone to work the Twelve Steps. We offer medallions only to those who have completed the twelfth step. You must have an NA sponsor present you with this medallion.

➡ We now present to you the Little White Book:



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➡ SERENITY PRAYER

God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

➡ WHO IS AN ADDICT?

Most of us do not have to think twice about this question. We know! Our whole life and thinking was centered in drugs in one form or another—the getting and using and finding ways and means to get more. We lived to use and used to live. Very simply, an addict is a man or woman whose life is controlled by drugs. We are people in the grip of a continuing and progressive illness whose ends are always the same: jails, institutions, and death.

➡ WHAT IS THE NA PROGRAM?

NA is a nonprofit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs.

➡ There is only one requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work.

➡ There are no strings attached to NA. We are not affiliated with any other organizations. We have no initiation fees or dues, no pledges to sign, no promises to make to anyone. We are not connected with any political, religious, or law enforcement groups, and are under no surveillance at any time. Anyone may join us, regardless of age, race, sexual identity, creed, religion, or lack of religion.

➡ We are not interested in what or how much you used or who your connections were, what you have done in the past, how much or how little you have, but only in what you want to do about your problem and how we can help.

➡ The newcomer is the most important person at any meeting, because we can only keep what we have by giving it away. We have learned from our group experience that those who keep coming to our meetings regularly stay clean.

➡ **WHY ARE WE HERE?**

Before coming to the fellowship of NA, we could not manage our own lives. We could not live and enjoy life as other people do. We had to have something different and we thought we had found it in drugs. We placed their use ahead of the welfare of our families, our wives, husbands, and our children. We had to have drugs at all costs. We did many people great harm, but most of all we harmed ourselves.

➡ Through our inability to accept personal responsibilities we were actually creating our own problems. We seemed to be incapable of facing life on its own terms.

➡ Most of us realized that in our addiction we were slowly committing suicide, but addiction is such a cunning enemy of life that we had lost the power to do anything about it. Many of us ended up in jail, or sought help through medicine, religion, and psychiatry. None of these methods was sufficient for us. Our disease always resurfaced or continued to progress until, in desperation, we sought help from each other in Narcotics Anonymous.

➡ After coming to NA we realized we were sick people. We suffered from a disease from which there is no known cure. It can, however, be arrested at some point, and recovery is then possible.

➡ **HOW IT WORKS**

If you want what we have to offer, and are willing to make the effort to get it, then you are ready to take certain steps. These are the principles that made our recovery possible.

➡ 1. We admitted that we were powerless over our addiction, that our lives had become unmanageable.

➡ 2. We came to believe that a Power greater than ourselves could restore us to sanity.

➡ 3. We made a decision to turn our will and our lives over to the care of God as we understood Him.

➡ 4. We made a searching and fearless moral inventory of ourselves.

➡ 5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.

➡ 6. We were entirely ready to have God remove all these defects of character.

➡ 7. We humbly asked Him to remove our shortcomings.

➡ 8. We made a list of all persons we had harmed, and became willing to make amends to them all.

➡ 9. We made direct amends to such people wherever possible, except when to do so would injure them or others.

➡ 10. We continued to take personal inventory and when we were wrong promptly admitted it.

➡ 11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

➡ 12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

➡ This sounds like a big order, and we can't do it all at once. We didn't become addicted in one day, so remember—easy does it.

➡ There is one thing more than anything else that will defeat us in our recovery; this is an attitude of indifference or intolerance toward spiritual principles.

➡ Three of these that are indispensable are honesty, open-mindedness, and willingness. With these we are well on our way.

➡ We feel that our approach to the disease of addiction is completely realistic, for the therapeutic value of one addict helping another is without parallel.

➡ We feel that our way is practical, for one addict can best understand and help another addict. We believe that the sooner we face our problems within our society, in everyday living, just that much faster do we become acceptable, responsible, and productive members of that society.

➡ The only way to keep from returning to active addiction is not to take that first drug. If you are like us you know that one is too many and a thousand never enough. We put great emphasis on this, for we know that when we use drugs in any form, or substitute one for another, we release our addiction all over again.

➡ Thinking of alcohol as different from other drugs has caused a great many addicts to relapse. Before we came to NA, many of us viewed alcohol separately, but we cannot afford to be confused about this.

➡ Alcohol is a drug. We are people with the disease of addiction who must abstain from all drugs in order to recover.

➡ **WHAT CAN I DO?**

Begin your own program by taking Step One from the previous chapter, "How It Works." When we fully concede to our innermost selves that we are powerless over our addiction, we have taken a big step in our recovery.

➡ Many of us have had some reservations at this point, so give yourself a break and be as thorough as possible from the start. Go on to Step Two, and so forth, and as you go on you will come to an understanding of the program for yourself.

➡ If you are in an institution of any kind and have stopped using for the present, you can, with a clear mind, try this way of life.

➡ Upon release, continue your daily program and contact a member of NA. Do this by mail, by phone, or in person. Better yet, come to our meetings. Here you will find answers to some of the things that may be disturbing you now.

➡ If you are not in an institution, the same holds true. Stop using for today. Most of us can do for eight or twelve hours what seems impossible for a longer period of time. If the obsession or compulsion becomes too great, put yourself on a five-minute basis of not using. Minutes will grow to hours, and hours to days, so you will break the habit and gain some peace of mind.

➡ The real miracle happens when you realize that the need for drugs has in some way been lifted from you. You have stopped using and started to live.

➡ **THE TWELVE TRADITIONS of NA**

We keep what we have only with vigilance, and just as freedom for the individual comes from the Twelve Steps, so freedom for the group springs from our traditions.

➡ As long as the ties that bind us together are stronger than those that would tear us apart, all will be well.

➡ 1. Our common welfare should come first; personal recovery depends on NA unity.

➡ 2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.

➡ 3. The only requirement for membership is a desire to stop using.

➡ 4. Each group should be autonomous except in matters affecting other groups or NA as a whole.

➡ 5. Each group has but one primary purpose—to carry the message to the addict who still suffers.

➡ 6. An NA group ought never endorse, finance, or lend the NA name to any related facility or outside enterprise, lest problems of money, property, or prestige divert us from our primary purpose.

➡ 7. Every NA group ought to be fully self-supporting, declining outside contributions.

➡ 8. Narcotics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

➡ 9. NA, as such, ought never be organized, but we may create service boards or committees directly responsible to those they serve.

➡ 10. Narcotics Anonymous has no opinion on outside issues; hence the NA name ought never be drawn into public controversy.

➡ 11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

➡ 12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

➡ **RECOVERY AND RELAPSE**

Many people think that recovery is simply a matter of not using drugs. They consider a relapse a sign of complete failure, and long periods of abstinence a sign of complete success.

➡ We in the recovery program of Narcotics Anonymous have found that this perception is too simplistic. After a member has had some involvement in our fellowship, a relapse may be the jarring experience that brings about a more rigorous application of the program.

➡ By the same token we have observed some members who remain abstinent for long periods of time whose dishonesty and self-deceit still prevent them from enjoying complete recovery and acceptance within society.

➡ Complete and continuous abstinence, however, in close association and identification with others in NA groups, is still the best ground for growth.

➡ Although all addicts are basically the same in kind, we do, as individuals, differ in degree of sickness and rate of recovery. There may be times when a relapse lays the groundwork for complete freedom. At other times that freedom can only be achieved by a grim and obstinate willfulness to hang on to abstinence, come hell or high water, until a crisis passes.

➡ An addict who by any means can lose, even for a time, the need or desire to use, and has free choice over impulsive thinking and compulsive action, has reached a turning point that may be the decisive factor in his recovery. The feeling of true independence and freedom hangs here at times in the balance.

➡ To step out alone and run our own lives again draws us, yet we seem to know that what we have has come from dependence on a Power greater than ourselves and from the giving and receiving of help from others in acts of empathy.

➡ Many times in our recovery the old bugaboos will haunt us. Life may again become meaningless, monotonous, and boring. We may tire mentally in repeating our new ideas and tire physically in our new activities, yet we know that if we fail to repeat them we will surely take up our old practices.

➡ We suspect that if we do not use what we have, we will lose what we have. These times are often the periods of our greatest growth. Our minds and bodies seem tired of it all, yet the dynamic forces of change or true conversion, deep within, may be working to give us the answers that alter our inner motivations and change our lives.

➡ Recovery as experienced through our Twelve Steps is our goal, not mere physical abstinence. To improve ourselves takes effort, and since there is no way in the world to graft a new idea on a closed mind, an opening must be made somehow.

➡ Since we can do this only for ourselves, we need to recognize two of our seemingly inherent enemies, apathy and procrastination. Our resistance to change seems built in, and only a nuclear blast of some kind will bring about any alteration or initiate another course of action.

➡ A relapse, if we survive it, may provide the charge for the demolition process. A relapse and sometimes subsequent death of someone close to us can do the job of awakening us to the necessity for vigorous personal action.

➡ **JUST FOR TODAY**

Tell yourself: Just for today, my thoughts will be on my recovery, living and enjoying life without the use of drugs.

➡ Just for today, I will have faith in someone in NA who believes in me and wants to help me in my recovery.

➡ Just for today, I will have a program. I will try to follow it to the best of my ability.

➡ Just for today, through NA, I will try to get a better perspective on my life.

➡ Just for today, I will be unafraid. My thoughts will be on my new associations, people who are not using and who have found a new way of life. So long as I follow that way, I have nothing to fear.

➡ WE DO RECOVER

Although "Politics makes strange bedfellows," as the old saying goes, addiction makes us one of a kind. Our personal stories may vary in individual pattern but in the end we all have the same thing in common. This common illness or disorder is addiction.

➡ We know well the two things that make up true addiction: obsession and compulsion. Obsession—that fixed idea that takes us back time and time again to our particular drug, or some substitute, to recapture the ease and comfort we once knew.

➡ Compulsion—once having started the process with one fix, one pill, or one drink we cannot stop through our own power of will. Because of our physical sensitivity to drugs, we are completely in the grip of a destructive power greater than ourselves.

➡ When at the end of the road we find that we can no longer function as human beings, either with or without drugs, we all face the same dilemma. What is there left to do? There seems to be this alternative: either go on as best we can to the bitter ends—jails, institutions, or death—or find a new way to live.

➡ In years gone by, very few addicts ever had this last choice. Those who are addicted today are more fortunate. For the first time in man's entire history, a simple way has been proving itself in the lives of many addicts. It is available to us all. This is a simple spiritual—not religious—program, known as Narcotics Anonymous.

➡ We will now pick a topic. Please limit your sharing to 5 minutes. We close with the “WE” version of The Serenity Prayer at the end of the hour.

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SPIN A WHEEL OF TOPICS

The Witch Group

1. LIVING CLEAN WHEEL
2. MAGICK STAR WHEEL
3. PRINCIPLES WHEEL